

DINNERLY



Indian Mild Tofu Curry

with Peas, Basmati Rice and Coriander



25 minutes



2 Servings

Toss satay tofu through a coconutty sauce laced with mild Indian spices, then serve with peas and basmati rice. It's curry perfection for the whole family.

WHAT WE SEND

- 150g basmati rice
- coriander
- 200g peanut satay tofu ^{1,5,6}
- 40g curry paste
- 200ml coconut milk
- 150g peas

WHAT YOU NEED

- 2 tsp vegetable oil
- 20g butter ⁷
- 2 tbs tomato paste

TOOLS

- medium saucepan with lid
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Peanuts (5), Soy (6), Milk (7).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 850kcal, Fat 42.4g, Carbs 84.0g,
Proteins 30.1g



1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 12 mins or until tender. Drain and cover to keep warm.



2. Prep ingredients

Meanwhile, pick the **coriander** leaves and finely chop the stems. Heat **2 tsp vegetable oil** in a medium deep frypan over medium heat. Cook the **tofu** for 2 mins each side or until golden. Remove from the pan and thinly slice.



3. Cook aromatics

Melt **20g butter** (see Make it yours) in the pan over medium-high heat. Add the **curry paste** and **coriander stems** and cook, stirring, for 1 min or until fragrant.



4. Simmer curry

Add the **coconut milk**, **2 tbs tomato paste** and **125ml (½ cup) water** to the curry paste and stir to combine. Bring to the boil, then reduce the heat to low and cook for 8 mins or until slightly thickened.



5. Serve up

Add the **peas** and **tofu** to the curry and cook for 3 mins or until the peas are tender and the tofu is warmed through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **rice** and **curry** among bowls. Top with the **coriander leaves** and enjoy!



6. Make it yours

If you want to make this recipe vegan, swap the butter for 2 tsp vegetable oil or coconut oil, if you have some on hand in the pantry.